

This map provides you with a key to experiencing on your bicycle all that New Hampshire has to offer – majestic mountains, sparkling lakes and rivers, beautiful beaches, vibrant cities and idyllic small towns. As you will pass through scenery and communities that have inspired artists, poets and writers for generations, and I know that once you discover New Hampshire, you'll want to explore our bicycles paths and our state again and again.

-John H. Lynch, Governor



DTTD/Gene McCullagh

## SEACOAST REGION

**New Hampshire**  
You're Going To Love It Here  
www.visitnh.gov

## NEW HAMPSHIRE BICYCLE MAP



Though boasting only 18 miles of ocean views, the Seacoast region offers some of the most scenic and sought after cycling in all of New Hampshire. Because the area is an extremely popular tourist destination, the Seacoast region draws heavy traffic during the summer months particularly along NH1A, which meanders along the coast. The upside is that the terrain in this region is generally flat to rolling. Places to stop for a bite to eat or ice cream are abundant, and if you're looking for lobster or steamers, you've come to the right place! NH Route 101 is limited access in this region.

This map is part of a 7 map series based on the State's 7 Tourist Regions. To order maps of the other tourist regions go to [www.nh.gov/dot/nhbikeped](http://www.nh.gov/dot/nhbikeped)

### SEACOAST REGION



### SEACOAST REGION AIRPORTS

Map Grid	Map ID	Name of Airport	Town	Runway 1	
				Paved	Length(ft)
E5	A-23	Portsmouth International Airport at Pease	Portsmouth	Yes	11,321
E7	A-24	Hampton Airfield	Hampton	No	2,100

### Seacoast Region Rail Stations

Map Grid	Map ID	Station	Address	Train	Route
D3	T-4	Dover	33 Chestnut Street	Downeaster <a href="http://www.amtrak.com">www.amtrak.com</a> 1-800-872-7245	Portland to Boston
D4	T-5	Durham	3 Depot Road		
D7	T-6	Exeter	60 Lincoln Street		

### Seacoast Region Rest Areas

Map Grid	Map ID	Name	Location	Phone	Schedule
D9	R-17	Seabrook	I-95 NB, Seabrook	474-5211	Open all year, 24 hours/day, 7 days/week

#### Reflectors

Reflectors will increase your ability to be seen. No person shall operate a bicycle, except for a bicycle equipped with clipless pedals, unless such bicycle has pedals equipped with a reflector of a type approved by the director which conform to 49 CFR 571.108 Table 2 and which shall be visible from a distance of 200 feet during darkness. (RSA 266:87(I))

#### Handlebars and Seat

Be sure your bicycle fits you. Keep handlebars and seat adjusted tightly and correctly. A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached to the bicycle. (RSA 265:144(I))

#### Don't Carry Passengers

No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped. (RSA 265:144(II))

#### Don't Cling to other Vehicles

Clinging to a moving vehicle is extremely dangerous. No person riding a bicycle shall hold fast to or hitch onto any vehicle moving upon a way. (RSA 265:144(III), RSA 265:145)

#### Helmets Must Be Worn By Children Under 16 Years of Age

No person less than 16 years of age may operate or ride upon a bicycle on a public way unless he or she wears protective headgear of a type approved by the commissioner of Health and Human Services (RSA 265:144(X))

#### Ride Single File

Never block traffic by riding two abreast. Persons riding bicycles two or more abreast shall not impede the normal and reasonable flow of traffic, and on a laned roadway shall ride within a single lane. (RSA 265:144(V))

#### Use of Hand Signals

Bicyclists intending to turn right or left shall not be required to give a continuous hand or arm signal if the hand is needed in the control or operation of the bicycle. (RSA 265:144(VI))

#### Respect the Laws in NH Communities

Any bicyclist shall stop upon demand of a peace officer and permit his bicycle to be inspected. (RSA 265:144(VIII)) Any city or town shall have the power to make ordinances, bylaws or regulations respecting the use and equipment of bicycles. (RSA 265:149)

#### Keep your Bicycles Safe

Do a bicycle safety check before you ride. No bicycle shall be operated unless the steering, brakes, tires and other required equipment are in safe condition. (RSA 265:144(X))

#### Traffic Laws Apply to Bicycles

Every person riding a bicycle has the same rights and privileges of persons driving cars. The bicycle driver has the same responsibilities as other drivers. Every person riding a bicycle shall have all of the rights and be subject to the duties applicable to the driver of any other vehicle under the rules of the road. (RSA 265:143)

#### Lights Required for Night Riding

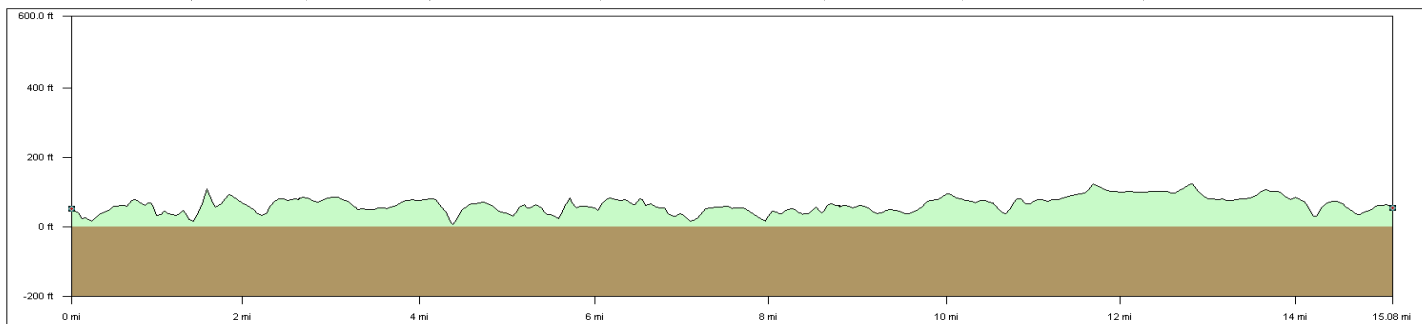
You must see and be seen to be safe on a bicycle. Every bicycle operated upon any way during darkness shall be equipped with a lamp emitting a white light visible from a distance of 300 feet in front of the bicycle and with a red reflector on the rear of a type approved by the director, which shall be visible from a distance of 300 feet to the rear when directly in front of the lawful upper beams of headlights on a motor vehicle. A lamp emitting a red light visible from 300 feet to the rear may be used in addition to the red reflector. (RSA 266:86)

#### Brakes

In order to ride safely you must be able to stop your bicycle when you want to. Maintain your brakes in good condition and check them before each ride. Every bicycle shall be equipped with a brake or brakes which will enable its driver to stop the bicycle within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement. (RSA 266:88)

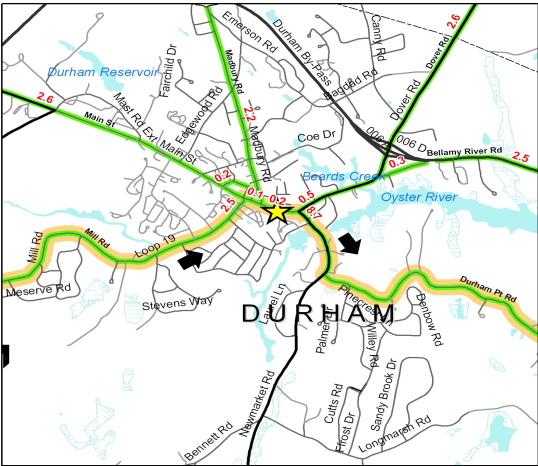
### RECREATIONAL LOOP 701

Map ID	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level
D4	701	Durham	Clockwise	15.1	Beginner



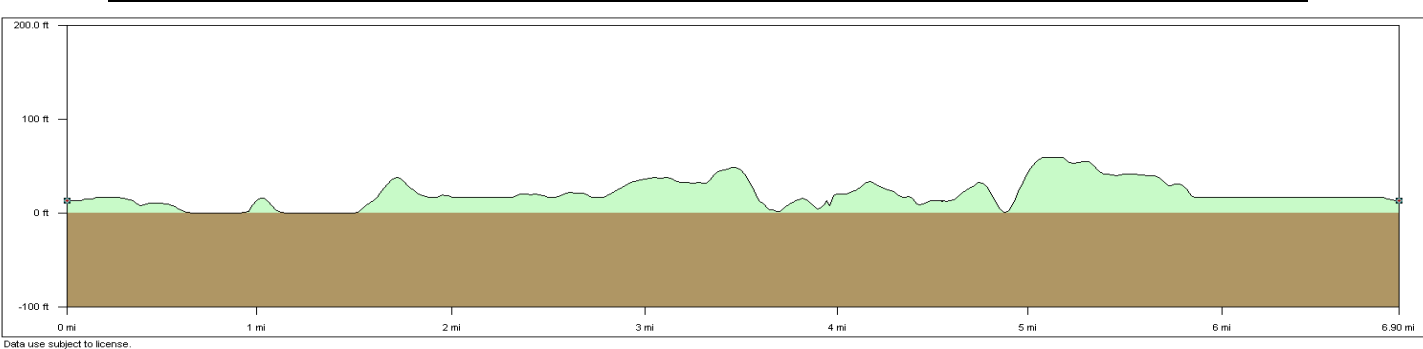
#### QUE Sheet Loop 701

Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	NH 108 / NH 155A(Main Street)		
Straight (SSE)	on	NH 108 (Newmarket Road)	0.42	0.42
Turn Left (S)	on	Durham Point Road	3.88	4.30
Straight (WSW)	on	Bay Road	3.72	8.02
Turn Left (SSW)	on	NH 108	0.40	8.42
Stay Right (WSW)	on	NH 152	0.22	8.64
Turn Right (NNW)	on	Packers Falls Road	3.66	12.30
Turn Right (ENE)	on	Mill Road	2.44	14.74
Turn Right (ESE)	on	NH 155A(Main Street)	0.28	15.02
Finish	at	NH 155A(Main Street) / NH 108		



### RECREATIONAL LOOP 702

Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
F5	702	Portsmouth	Clockwise	6.86	Beginner	Historic Portsmouth Strawberry Bank Ocean Views



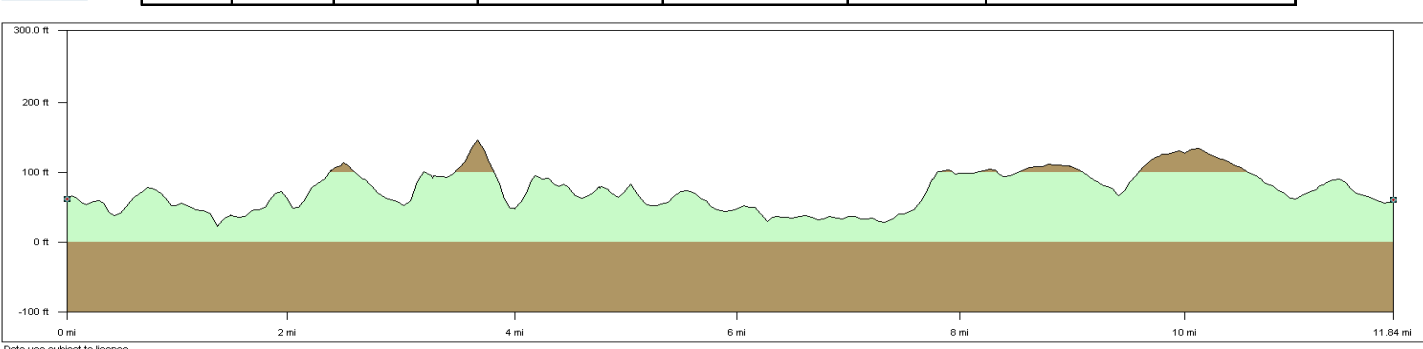
#### QUE Sheet Loop 701

Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	State Street / Marcy Street		
Straight (SSE)	on	Marcy Street	0.35	0.35
Keep Left(SSE)	on	NH 1B (Marcy Street)	0.20	0.55
Turn Left (E)	on	NH 1B (Newcastle Avenue)	4.14	4.69
Turn Left (NNW)	on	NH 1A (Sagamore Avenue)	1.51	6.20
Turn Right (NNE)	on	US 1 (Middle Street)	0.24	6.44
Turn Right (ENE)	on	US 1 (State Street)	0.38	6.82
Keep Right (ENE)	on	State Street	0.04	6.86
Finish	at	State Street / Marcy Street		



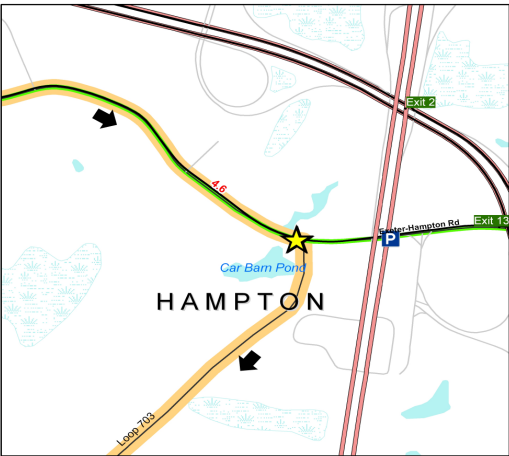
### RECREATIONAL LOOP 703

Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
E7	703	Hampton	Clockwise	11.8	Beginner	Taylor River Great Meadows



#### QUE Sheet Loop 703

Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	Timber Swamp Road / NH 27		
Straight (SW)	on	Timber Swamp Road	1.22	1.22
Keep Right (SW)	on	Old Stage Road	0.84	2.06
Turn Right (W)	on	Brown Road	0.38	2.44
Turn Left (SW)	on	Nason Road	0.74	3.18
Turn Right (NNW)	on	Drinkwater Road	4.58	7.76
Turn Right (E)	on	NH 27 / NH 111	1.98	9.74
Straight (ESE)	on	NH 27 / NH 111	2.07	11.81



Date: March 2008



### Seacoast Region Park and Ride Lots

Map Grid	Map ID	Town	Location	Spaces	Lights	Bus Shelter	Bike Parking	Public Phone	Public Transit	Transit
A9	P 6	Hampstead	Junction of NH 111 & 121	104	Yes	No	Yes	No	No	
B10	P 7	Plaistow	Westville Road off NH 125	275	Yes	Yes	Yes	Yes	Yes	The Coach Company
E7	P 8	Hampton	I-95 Exit 2, NH 101 East, Exit 13, NH 27, left onto Timber Swamp Road	103	Yes	No	No	Yes	No	
B6	P 9	Epping	NH 125, Junction of NH 125 & 101, Exit 7 off NH 101	246	Yes	Yes	Yes	Yes	No	
E6	P10	Portsmouth	NH 33 at I-95, Exit 3 (From I-95 South—Exit 3B)	50	Yes	No	Yes	Yes	No	
E6	P-11	Portsmouth	Portsmouth Transportation Center, I-95, Exit 3 (From I-95 South—Exit 3A)	975+	Yes	Yes	Yes	Yes	Yes	C&J Trailways COAST

This map was put together as a public service to provide information to bicyclists. The State of New Hampshire and the cities and towns on whose roadways or rail-trails you will travel, and the agencies, groups and individuals who have contributed to the development of this map are not responsible for your personal safety, and in no manner warrant or guarantee the safety of the roads or rail trails on this map for use by bicyclists.

### SEACOAST REGION STATE PARKS & NATURAL AREAS

Map Grid	Key	PARK OR NATURAL AREA	Biking	Boat Launch	Boating	Camping	Fishing	Guided Tours	Hiking	Pets Allowed	Picnicking	Swimming	Winter Use
F5	56	Fort Constitution Historic Site									X		
F6	57	Fort Stark Historic Site							X				
E9	58	Hampton Beach State Park				X	X				X	X	
E9	59	Hampton State Marina	X	X		X							
F7	60	Jenness State Beach										X	
B8	61	Kingston State Beach									X	X	
E8	62	North Beach										X	
E7	63	North Hampton State Beach										X	
F6	64	Odiome Point State Park	X	X	X		X		X		X	X	X
F7	65	Rye Stae Marina	X	X		X							
F7	66	Rye Harbor State Park				X					X		
F6	67	Wallis Sands State Beach										X	
F6	68	Wentworth-Collidge Mansion						X					

New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accessible campsites. To ensure that the appropriate facilities are available to meet specific needs, please call ahead to the park you hope to visit.